Boomeranging back to the nest

Struggling to find work and overloaded with debt, children ages 20 to 34 are returning home to mom and dad PAGE 12

TRADE SECRETS

TIPS FROM VICTORIA'S SECRET ANGEL ALESSANDRA AMBROSIO'S PERSONAL TRAINER ON HOW TO ACHIEVE POST-BABY-BODY PERFECTION PAGE 8

SASKATOON metro®

Tuesday, June 19, 2012

News worth sharing.

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Protesters back refugees

Interim Federal Health Program. Saskatoon health-care workers join national day of action

MORGAN MODJESKI
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In an attempt to get the federal government to reverse scheduled changes to the Interim Federal Health Program (IFHP) health-care professionals in Saskatoon joined their national counterparts and refugee advocates in protest on Monday.

Protesters say changes would cut health-care services provided to refugees arriving in Canada before they become covered under provincial insurance. Some say the changes are unacceptable and want the IFHP to remain unchanged.

Mahli Brindamour, co-chair of the immigrant-health committee at the University of Saskatchewan's college of medicine, said after June 30, when the changes take effect, health care will be "drastically reduced" for newcomers.

"Refugees, by definition, are very vulnerable people, so many of them have very high health-care needs," said Brindamour. "We believe everyone should be treated with dignity on a need basis and not according to their status in society."

Brindamour said without access to basic health care, these individuals are likely to seek access through emergency-room visits, a costly alternative.

"Traditionally they access health care this way when they are very sick and not on a preventative basis, so not only will it make people very sick and maybe even threaten their lives, but it will also be more costly to our system."

Helen Smith-McIntyre, chair of the Saskatoon Refugee Coalition, called the changes "un-Canadian," saying the services provided by the IFHP are "critical" for newcomers as the program provides refugees with access to pharmaceuticals, dental care and eye care.

"If they had been in a refugee camp for 15 to 20 years, you don't tend to your teeth or your glasses — so you might have very infected teeth. Those things were all covered by the IFHP," said Smith-McIntyre.

Without the IFHP, the refugees or their sponsors would have to cover the costs of such services and Smith-McIntyre said that's something most can't afford.

"Refugees come, by and large, destitute, because they've had to leave everything behind and run for their lives — so, will they be able to cover the expenses themselves? Probably not."

Minister of Citizenship, Immigration and Multiculturalism Jason Kenney said in a release the changes will "ensure fairness for Canadian taxpayers."

"Our government's objective is to bring about transformational changes to our immigration system so that it meets Canada's economic needs. Canadians are a very generous people and Canada has a generous immigration system," said Kenney.

"However, we do not want to ask Canadians to pay for benefits for protected persons and refugee claimants that are more generous than what they are entitled to themselves."

People march down Spadina Crescent on Monday in protest of scheduled cuts by Ottawa to the Interim Federal Health Program. MORGAN MODJESKI/METRO

Sheepdogs feel out of place

The Sheepdogs came away from Sunday's MMVAs with an award and memories of a rockin' time, despite feeling out of their element PAGE 2

Magnotta back on home soil

The suspected killer in the shocking body-parts case arrived Monday in Quebec, where he is expected to be charged with first-degree murder PAGE 3

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NEWS

On the web

Obesity surgery linked with alcohol abuse

Maybe looking good really does come with a price. A new study found the most common type of obesity surgery may increase patients' chances of abusing alcohol. Go to metronews.ca to read the entire story.

Nuns set wheels of protest in motion

Not even the Vatican can keep nuns from voicing their thoughts after a group of Roman Catholic nuns began a U.S. bus tour protesting proposed federal budget cuts Monday, defying recent Vatican criticisms of socially active nuns. Go to metronews.ca to read the entire story.

Mobile news

Facebook just got a whole lot more tech savvy after purchasing a facial-recognition technology company that helps people tag photos on the web by figuring out who is in them. Scan the code to read more.

Three national titles

Coach named to volleyball hall of fame

Former University of Saskatchewan Huskies women's volleyball coach Mark Tennant was inducted into the Volleyball Canada Hall of Fame on June 16 at the Canadian War Museum in Ottawa.

Tennant became head coach of the women's volleyball team in 1971, and during his career led the Dogs to seven Canada West titles and three national titles. Tennant was also named Canada West and Canadian Interuniversity Sport coach of the year four times each.

METRO

Legislative assembly

Métis to vote in September

Métis in Saskatchewan will go to the polls in September.

Delegates at the weekend Métis Nation legislative assembly in Prince Albert chose Sept. 8 for the Métis Nation Saskatchewan elections.

The vote was originally scheduled to take place last month, but a judge ruled there were grounds for challenges to its legitimacy.

The accounting firm MNP will serve as the electoral officer for the campaign. So far, neither level of government has publicly stated whether it will fund the election.

THE CANADIAN PRESS

Partnership

Project seeks to portray Dakota role in Canadian history

Education Minister Russ Marchuk announced a partnership Monday between the Office of the Treaty Commissioner and the Ministry of Education during a presentation at the Meewasin Riverfront in Saskatoon.

The aim of the partnership is to help develop a historical and educational resource for students and teachers that accurately portrays the role of the Dakota peoples in the creation of Canada, especially as it relates to the War of 1812.

"All Saskatchewan people need to learn about and understand our shared history," Marchuk said.

The instructional resource is expected to be implemented during the 2013-14 school year.

METRO

Spoken-word poet and hip-hop artist Isaac Bond, shown outside Lydia's Pub on Broadway, is a regular contributor to Sunday evening open-mic poetry readings at Tonight it's Poetry. DORIAN GEIGER/METRO

A poetic paradise

Tonight it's Poetry. Open-mic readings at Lydia's Pub draw everyone from teens to a radiologist

DORIAN GEIGER
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Saskatoon seems to be evolving into a poetic Prairie paradise.

Spoken-word poetry is flourishing here thanks to Tonight it's Poetry (TIP), a Sunday evening open-mic reading at Lydia's Pub. TIP, which began in 2008 at Flint Bistro Saloon, moved to Lydia's Pub in 2010, offering space to local poets to share their work.

TIP brings in out-of-town poets to headline and also features a monthly poetry slam, a competition pitting poets against each other.

Spoken-word poet and journalist Charles Hamilton has been hosting TIP since 2009.

"Before Tonight it's Poetry came around, poetry in the city was small," he said. "Now we have a weekly thing with 100-plus people, so I think our community has done a lot to expose people to poetry who maybe didn't think poetry was cool or didn't think that they could write poetry, and also to people who have spent most of their high-school life thinking poetry was dorky and lame."

Hamilton credits TIP's inclusive philosophy as a catalyst in boosting the appeal of poetry in the city.

"Anyone and everyone who is a poet, we want them to be in. There's not one style of poetry or one style of person that comes. We're gender-inclusive, racially inclusive and it's a positive space. We have everyone from high-school hip-hop kids to a 56-year-old radiologist doctor. It's a whole range of people."

Follow Dorian Geiger on Twitter @dgiegs

Word of mouth

Spoken word gaining ground

Saskatoon — known for its indie rock, not its rap music — has proved to be a tricky city in which to sell hip hop.

Successful rap artists in Saskatoon require a multi-genre fan base, socially conscious lyrics and live instruments to survive here, factors uncommon among most local urban musicians.

Isaac Bond, a local spoken-word poet who is also known by his stage name, Ibonic, said he believes spoken-word poetry is becoming a more commercially viable artistic medium in Saskatoon than hip hop.

"Because Saskatoon has one of the most vibrant spoken-word scenes in the country right now, it's a natural fit for a lot of hip-hop artists because hip hop is such a lyrical genre. With poetry audiences, I find that people are more willing to really listen to what spoken-word poets are trying to say. It's a more embracing atmosphere than a lot of hip-hop shows."

DORIAN GEIGER/METRO

Sheepdogs win big for '60s-style music video

The Sheepdogs were in Toronto over the weekend for the MuchMusic Video Awards and the Saskatoon band didn't walk away empty-handed.

The group won the MuchLoud rock video of the year award for its song I Don't Know. Bass player Ryan Gullen said it was exciting to be recognized by an organization the band grew up with.

"It feels really good, it was very cool," he said. "Obviously growing up in Canada as a music fan, MuchMusic is a big part of your life … so it's very cool to get that recognition from them."

But he noted the band did feel a little out of place at such a large and mainstream event.

"It was a little weird. We were definitely a little bit out of our element," he said. "We still had a really good time."

The winning video depicts the band playing at Woodstock. One of its directors, Davin Black, said he felt it reflected the band's style.

"I was really trying to capture that era, because the band has that very retro rock 'n' roll sound that it almost seems they're out of the late '60s," Black said. "I heard their sound and I thought it would match really well."

The Sheepdogs pose on the red carpet during the 2012 MuchMusic Video Awards in Toronto on Sunday. CHRIS YOUNG/THE CANADIAN PRESS

MORGAN MODJESKI/METRO

Magnotta back in Canada to face justice

Extradition. Murder suspect could face a judge today

Luka Rocco Magnotta
LUKA-MAGNOTTA.COM/THE CANADIAN PRESS

Luka Rocco Magnotta, the lone suspect in a brutal Montreal killing that made headlines around the world, is back home on Canadian soil.

Magnotta landed aboard a military plane that took off from Germany, where the 29-year-old was arrested earlier this month following an international manhunt, and he arrived at Mirabel airport near Montreal Monday evening.

He arrived under a wall of security.

A convoy of emergency vehicles, with flashing lights, rolled out to meet Magnotta. A half-dozen men escorted him down the stairs off the plane, onto the tarmac, and into a minivan in the convoy. Standing nearby were armed guards, at least one carrying an assault weapon.

Magnotta was being restrained on the plane, federal sources said. His fellow passengers on the military transport aircraft included officials and law enforcement from Canada and Germany, those sources added.

Magnotta is expected to face numerous criminal charges, including first-degree murder.

As the gory case moved back to Canada, authorities in Germany were breathing a sigh of relief Monday.

"We are glad that he's gone," said Martin Steltner, a spokesman for Berlin's prosecutor's office, on Monday.

Magnotta was arrested in a Berlin Internet café after Montreal police issued a warrant for his alleged connection to last month's killing and dismemberment of Montreal university student Jun Lin.

THE CANADIAN PRESS

Tanzania. Man without legs conquers mountain

ELISHA DACEY
Metro in Winnipeg

An American man who challenged tens of thousands of Canadian teens to redefine the possible last year has done the same thing for himself.

Spencer West, who lost both his legs when he was five because of a genetic disorder, and who walks using his hands, reached the summit of Mount Kilimanjaro on Monday.

"It's dark right now, but the view was spectacular," said West, speaking to Metro from the top of the mountain by satellite phone.

"We're exhausted right now and I'm sure once we're rested I'll be able to talk about things in a more inspiring way," he joked.

West is a motivational speaker with Me to We, part of Free the Children, a Canadian charity that fights for the rights of children around the world. Last year, he participated in We Day — a day of stories, music and speeches that empowers teenagers to make a difference, whether globally or locally. Several We Days were held across Canada.

West estimated he walked 80 per cent of the time. The rest of the time, he was in his wheelchair or strapped to a team member's back.

Spencer West on Day 6 of the Mount Kilimanjaro expedition.
FREE THE CHILDREN/METRO

Parliament Hill

Tories pass omnibus bill

The Conservative majority has passed the government's sprawling budget-implementation bill following a final evening of debate.

The vote in the House of Commons sends the 400-plus-page piece of legislation on to the Conservative-dominated Senate, where it will become law before the end of the week.

Dubbed the Jobs, Growth and Long-term Prosperity Act, the bill has been described by its detractors as a "Trojan horse" due to its massive grab-bag of measures.

Opposition MPs say the implementation bill contains dozens of hidden measures that were not part of the 2012 federal budget delivered in March. THE CANADIAN PRESS

Pudgy police

Pakistani cops told to slim down

Pudgy Pakistani police officers have been given until the end of the month to shrink their waistlines below 38 inches before they're kicked off the streets.

Nabila Ghazanfar, a Punjab police spokeswoman, said the province's police chief was determined to "turn the force into a fit one."

Ghazanfar said that police doctors would measure the force's 175,000 officers at the end of June. Oversized ones would be taken off operational duties, meaning less pay.

She said officers are "working out vigorously, jogging, going to the gym and dieting." THE ASSOCIATED PRESS

Pageant winner

Mr. Ugly waiting on modelling jobs

The latest winner of Zimbabwe's Mr. Ugly pageant has ambitions of fame and fortune. But, so far, he remains a simple market porter.

William Masvinu, 38, who won the second edition of the pageant last month, makes his living carrying loads for shoppers in a market in the impoverished western Harare township of Mbare. The victory has made him a local celebrity, but the modelling offers he thought he'd be getting aren't yet pouring in.

"I am ready to show the world my gift," he said. "Being ugly is not a curse. It's a gift God gave me and I'm proud of it."

THE ASSOCIATED PRESS

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North Ridge DEVELOPMENT CORPORATION

Microsoft's Panos Panay holds a credit card to compare the thickness of the case for the new Surface tablet computer on Monday. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Microsoft unveils tablet computer

Competitive edge. Decision to make its own tablet a departure for the company, which usually focuses on software

Microsoft has unveiled Surface, a tablet computer to compete with Apple's iPad.

CEO Steve Ballmer announced the new tablet, calling it part of a "whole new family of devices" the company is developing.

One version of the device, which won't go on sale until sometime in the fall, is 9.3 millimetres thick and works on the Windows RT operating system.

It comes with a kickstand to hold it upright and a touch keyboard cover that snaps on using magnets. The device weighs under 1.5 pounds and will cost about as much as other tablet computers.

The size is similar to the latest iPad, which is 9.4 millimetres thick and weighs 1.3 pounds. Microsoft also promised that the Surface's price tag will be similar to the iPad, which sells for $499 to $829, depending on the model.

A Microsoft Canada spokeswoman said the company does not yet have any details regarding pricing or availability in Canada.

Microsoft's broadside against the iPad is a dramatic step to ensure that its Windows software plays a major role in the increasingly important mobile computing market.

Quoted

"They are saying it's a different world now, and are trying to put the sexy back into the Microsoft brand."
Gartner Inc. analyst Carolina Milanesi

Microsoft is linking the Surface's debut with the release of its much-anticipated Windows 8 operating system, which has been designed with tablets in mind. The company hasn't specified when Windows 8 will hit the market, but most analysts expect the software to come out in September or October.

Steven Sinofsky, president of Microsoft's Windows division, called the device a "tablet that's a great PC — a PC that's a great tablet."

A slightly thicker version — still less than 14 millimetres thick and under two pounds — will work on Microsoft's upcoming Windows 8 Pro operating system and cost as much as an Ultrabook, the company said.

The pro version comes with a stylus that allows users to make handwritten notes on documents such as PDF files.

The cautious approach may be part of Microsoft's attempt to minimize a possible backlash to an expansion that will thrust it into competition with some of its longtime business partners and customers.

With personal computers, Microsoft was content to leave the design and marketing of the hardware to other companies that licensed the Windows operating system and other software applications.
THE ASSOCIATED PRESS

StatsCan. Family incomes remain stagnant: Report

The growing economy hasn't done very much to boost Canadian incomes, a new report from Statistics Canada confirms.

The agency reported Monday that median, after-tax income for families of two or more amounted to $65,500 in 2010, virtually unchanged from 2009 or the year before after adjusting for inflation.

The result was slightly better for two-parent families with children. That segment saw median, after-tax income grow to $78,800 from $77,200 the year before.

There was no data from 2011, but weekly wages and other income reports suggest that there would likely be little improvement last year as well, analysts said.

The latest reading follows a report that showed average household debt in relation to disposable income had risen to a record 152 per cent at the end of 2011. THE CANADIAN PRESS

Market Minute

DOLLAR 97.65¢ US (-0.18¢)

TSX 11,601.13 (+76.23)

OIL $83.27 US (-76¢)

GOLD $1,627 US (-$1.10)

Natural gas: $2.635 US (+16.8¢)
Dow Jones: 12,741.82 (-25.35)

VALIDATING OUR LIVES THROUGH THE LENS

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I recently went on a holiday to the sun-soaked Greek island of Santorini. We'll call it a working vacation since I was on bridesmaid duty for my best friend's wedding. Needless to say, it was phenomenal. The picturesque surroundings and memorable milestones warranted countless photo opportunities.

While away, I found myself capitalizing on any opportunity for free WiFi so that I could go online to post real-time updates and digital snapshots for my friends and followers back home. Because if you don't record it, upload it, share it and tweet it — did it even really happen? Nobody asked me about my trip when I returned; they had seen it all thanks to my jealousy-inducing stream of Instagram activity.

When I was younger, I used to pore over my mother's photo albums filled with weathered snapshots of her on beaches and in fields looking perfectly dishevelled dressed in her 1970s hippy garb. The photos are rinsed in sepia tones, the images are grainy, the edges blurred.

Thanks to apps like Instagram and Hipstamatic, I have thousands of faux-analogue images with those same qualities but without any of the authenticity. Flaws and colour saturations that were once accidental have been applied meticulously in order to make the perfect imperfect image.

Today, our mundane realities are manipulated, elevated and given a veneer of artistry with a strategically applied "Valencia" filter. For anyone who has ever wanted to experience a false sense of nostalgia for a time before they were even born, there is indeed an app for that.

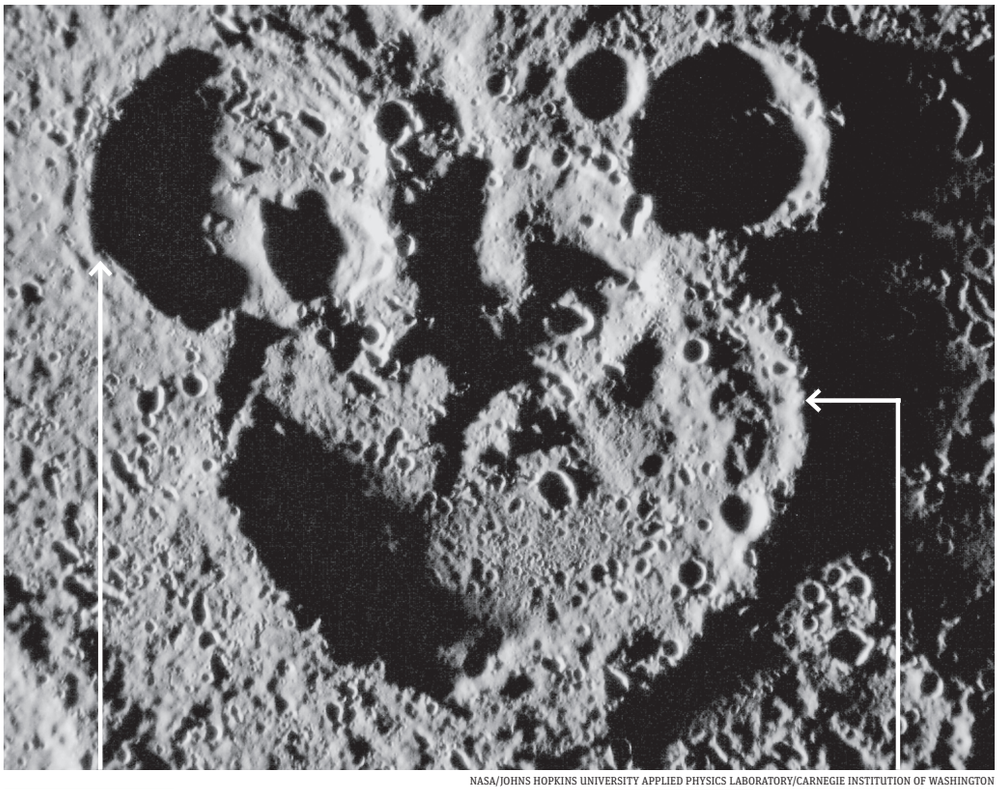
Outside the smartphone realm, Urban Outfitters has reintroduced Lomography and Holga cameras to the masses, creating an entire industry based on selling an idealized retro aesthetic to a new generation of shutterbugs. Except this time around those prints aren't treasured keepsakes stored in leather-bound albums — they're digitized, categorized, Tumblred and hashtagged until they become something else entirely.

All photographs are inauthentic in a way. By capturing an instant in time, the boundaries of those realities are cropped and the subjects are posed acutely aware that they are being snapped. The very act of taking photographs makes experiences staged and, in turn, less real.

While I delight in the preservation of memories, I believe in the importance of leaving the camera (and the iPhone) at home sometimes, even when you're on vacation. We need to remind ourselves to be fully present in our unfiltered realities, enjoy the fleetingness of life and let your memories be all that you take away.

Tourists take photos in front of the Golden Gate Bridge in San Francisco in this file photo. The image was created using the iPhone 4s with Instagram's "LoFi" filter. JUSTIN SULLIVAN/GETTY IMAGES

Mercury is sooo Mickey Mouse



NASA/JOHNS HOPKINS UNIVERSITY APPLIED PHYSICS LABORATORY/CARNEGIE INSTITUTION OF WASHINGTON

Planetary research

Big act found on small planet

It looks like Mickey Mouse has made a big impact on planet Mercury.

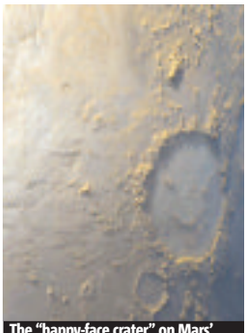
But in truth, the familiar silhouette is a group of craters in Mercury's southern hemisphere.

The image was taken by NASA's Messenger orbiter spacecraft, which is gathering photographic data about the solar system's innermost planet.

METRO WORLD NEWS

Studying craters

- **NASA's Messenger.** Launched in 2011, the probe has taken more than 100,000 images of craters on Mercury's surfaces. Experts hope craters will tell more about the planet's history.
- **Strange cosmic resemblances.** The 215-kilometre-wide Galle Crater on Mars looks like a gigantic smiley face, while Saturn's moon Mimas has an uncanny resemblance to the Death Star from Star Wars lore.



The "happy-face crater" on Mars' surface, officially known as the Galle Crater. MALIN SPACE SCIENCE SYSTEMS/NASA

Size of this Mickey

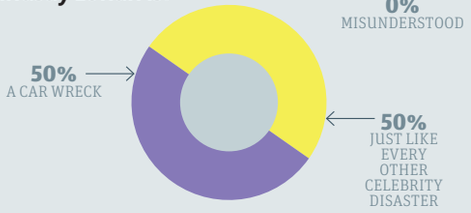
100

kilometres is the approximate diameter of the "face" (large, middle crater) of this Mickey Mouse resemblance.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Lindsay Lohan is:



Twitter

@FeXd: Epic #mosofest weekend has finally come to an end. Big thanks to all event organizers and bands; can't wait for next year! #yxe #saskatoon

@Scottborys: Where can I find a #yxe snow globe?

@pclothespress: I'm nearly 30 but my dad will always be my hero. He's also like my BFF but yells at me for not checking the oil in my car. I love you dad!

@robinmowat: From my new office I can see the JazzFest stage going up. #yxe

@PhotoLiam: Busy time taking photos of construction at the #UofS muddy but so cool to see how much has been done on the wings of health science

metro

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2 SCENE

DVD reviews

Big Miracle

Director. Ken Kwapis

Stars. Drew Barrymore, John Krasinski, Kristen Bell

Big Miracle sticks to the main facts while fictionalizing the details in its telling of the October 1988 effort by northern Alaskan residents, the U.S. military and two global superpowers to rescue three whales trapped in Arctic ice. Drew Barrymore plays shrill Greenpeace activist Rachel Kramer, who often alienates the people she needs to win over. That includes her ex-boyfriend, Adam Carlson (John Krasinski), who is an ambitious small-time TV reporter. His reports bring Kramer and a horde of other media types, while the local Inupiat hunters have their own take on the crisis. The best characters are the whales, animatronic behemoths that look incredibly real. They're the centrepiece of this feel-good comic tale that works its way to an exciting conclusion. PETER HOWELL

Project X

Director. Nima Nourizadeh

Stars. Thomas Mann, Oliver Cooper

Project X is actually a slag heap of steals from similar films, roughly spanning the booger-flicking expanse from Animal House to Superbad. The difference here is the way Project X so aggressively ups the ante for outrageous sex, drugs and property damage. The film reflects so poorly on American life and values, it could serve as an Al Qaeda training video. The setup is simple: shy Thomas is turning 17, and his best buds want to throw the mother of all parties at Tom's house while his parents are away. Mom and dad's place is trashed so badly you may have to watch the screen — horrified — through your fingers. STEVE GOW

Scene in brief

Jack Osbourne facing MS

New father Jack Osbourne is facing a diagnosis of multiple sclerosis. The former reality star and son of Ozzy and Sharon Osbourne revealed his health crisis in an interview with People, released Sunday. He told the magazine he was angry and frustrated when he found out, and he's concerned about his family. Osbourne and his fiancée Lisa Stelly had daughter Pearl in April. Multiple sclerosis attacks the brain and spinal cord, and can cause somewhat mild problems or serious disability, such as paralysis. Jack Osbourne gained fame as a teen when his heavy metal father and his mother allowed the family to be profiled in the MTV reality show The Osbournes.
THE ASSOCIATED PRESS

On the web

Furries meeting in Pa. looking for fun; out to 'shed' reputation of fetishes, weirdness

Elijah Wood, right, and Jason Gann play man and man's best friend in quirky dark comedy Wilfred, returning for its second season on FX Canada.

Doggone Wilfred's back

This ain't ALF. Lead and co-creator discusses why the show works

MIKE DOJC
2forcouples.com

In Wilfred (FX Canada), Ryan, a sad sack lawyer (Elijah Wood), strikes up a peculiar friendship with his neighbor's pooch. He sees Wilfred as a foulmouthed Australian in a shaggy dog suit while everyone else sees him as a cuddly mutt.

When we left off in Season One, Wilfred had hurled himself in front of a car to give Ryan the opportunity to swap Jenna's urine sample so that she'd pass her drug test, and the door to the basement where Ryan and Wilfred often hang out turned out to be a closet.

With the second season premiering on Thursday, we tossed Jason Gann, series co-creator and the man in the costume, some meaty bones to chew on.

What's the most cockamamie theory you've read on a message board from Wilfred fans?

People will get on there and go what is going on, is he this, is he dead, what's going on? Inevitably, a bunch of fans who've been on there for awhile will jump on and say you've just got to enjoy it, don't overanalyze it, don't over-think it, just go with it. I think people were driven crazy by the season one finale.

Wilfred and Ryan seem like an old married couple. What would a couples' counsellor make of their relationship?

You've obviously been in the writers' room. Look, I think it's a really good romance between the two. I guess you'd call it a co-dependent relationship that is maybe not healthy.

Despite all the trouble Wilfred gets Ryan into, do you think Ryan is ultimately better off having him in his life?

Definitely, because he's living. Part of life is making mistakes and getting out there into society because that's where he really struggles and those are the things that make you stronger and really define and make you who you are.

But, put it this way, would you like a friend like Wilfred?

No. Quite simply put. Fans are telling me all the time, I want a Wilfred and I'm like do you really? I'm not sure you do, you might have fun watching someone else have a Wilfred but it would be pretty wild. Maybe I could deal with it if it was for half an hour a week.

Wilfred's owner, Jenna, manipulates Ryan almost as much as the dog does. Is he in "puppy" love with her?

Ryan has a lot of stakes in a girl who isn't giving him a lot back romantically or as a friend really. We have to assume that a lot of it has happened off-screen. But yeah, it would be puppy love because it isn't really grounded in a truthful relationship, and they haven't developed one yet.

Have you ever been as whipped as Ryan?

Maybe for a week. Look, I've been heavily in love with girls but, from an early age, I saw what happened to nice guys. So even if I wanted to be like that, even if everything in my body was telling me to do so, I've resisted because they don't respect it ... well, they do and they don't. That doesn't mean I don't treat women well in my life. I really do. I treat them like queens.

Really?? Never even been a little whipped?

What am I saying, one of my last girlfriends used to send me to the dry cleaner all the time. I'd also drive her to work in the morning and she'd inevitably forget something and I'd have to drive her back. But it wasn't because I was desperately in love; this somehow just happened.

If Wilfred were to take Bear on a romantic date where would he take Bear?

Well he'd probably take him to West Hollywood because we don't know what Bear is, whether Bear is a girl or a guy ... It would be somewhere disrespectful, because Wilfred would probably end up banging someone in front of Bear. In the middle of a threesome is when he'd ask Bear.

As manipulative and deceptive as Wilfred can sometimes get, he still manages to be endearing and loveable in the end. What's his secret?

Well I don't pat myself on the back too often but that, I have to say, is a Jason Gann thing. My friends have always said that's just you in a dog suit. I have forever gotten away with saying things and doing things that people just generally don't. I've heard all my life, 'Jason if anybody else did that I would have thought he's the most disgusting creep, but for some reason when you do it it's okay.' I kinda bring that naughty cherub element to the character and it's something that's worked for me personally so it's fun to play with in the character.

NEED A RIDE?
Read metrodrive every Wednesday.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

They say it's over, that it's over, but it's far from over

MONICA WEYMOUTH
scene@metronews.ca

What seemed to be a relatively minor bar fight between Chris Brown and Drake last week is still brewing.

The Manhattan nightclub where the incident took place, W.i.P., has been closed down due to multiple code violations, according to the Associated Press.

As for the fight itself, a source tells the Associated Press that the two hip-hop stars weren't even involved in the bottle-throwing brawl, claiming it was "entourage versus entourage, never Drake versus Chris," shooting down the theory that the two were fighting over Rihanna.

Rapper Meek Mill — who was at the club with Drake, and was initially identified as an instigator — also says the stars weren't involved. "Chris and Drake, them two was there, but it's other people that be around that take sh— to the next level," he tells MTV.com.

"Things just happen in the club. I seen girls in there throwing bottles. I never seen Chris Brown or Drake throw a bottle, and I was there."

While Brown has already talked to cops, Drake has declined to answer questions. "Why would he turn himself in when he did not commit any wrongdoing?" his rep told the New York Post in a statement on Sunday.

The only thing more annoying than a hip-hop fight is a never-ending non-hip-hop fight between entourages and publicists. This thing is one airborne bottle of Skinnygirl Margaritas away from being a Real Housewives episode.

Gomez goes wild on web, but that's where it ends

Selena Gomez's popular Fifty Shades of Grey spoof made for humour site Funny or Die is about as close as the former Disney star is going to get to the racy, mega-popular material, according to MTV News.

"I know I'm taking risks, but I don't think I could do that," Gomez says when asked about starting in the planned movie version of the book.

"That would be a little too much for me."

Twitter

@ActuallyNPH
Thanks so much for all of my B'day tweets! I had a spectacular day in Montreal w/ the delicious @DavidBurtka. I'm liking this 39 stuff!

@BetteMidler
Assassins! Something has murdered two of my chickens, Khloe and Kourtney! It gnawed thru the chicken wire and pounced...poor dears. RIP.

@AlbertBrooks
I worry about Lindsay Lohan. And not just because I loaned her $1100.

Kate peeps about her prince

Kate Middleton is usually pretty tight-lipped about life married to Prince William, but she did open up to a group of inner-city youth during a visit to their outdoor learning centre, according to Us Weekly. "William is very sweet and kind of spoils me," Middleton told one of the children.

Kate Middleton ALL PHOTOS GETTY

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3
LIFE

Health minute

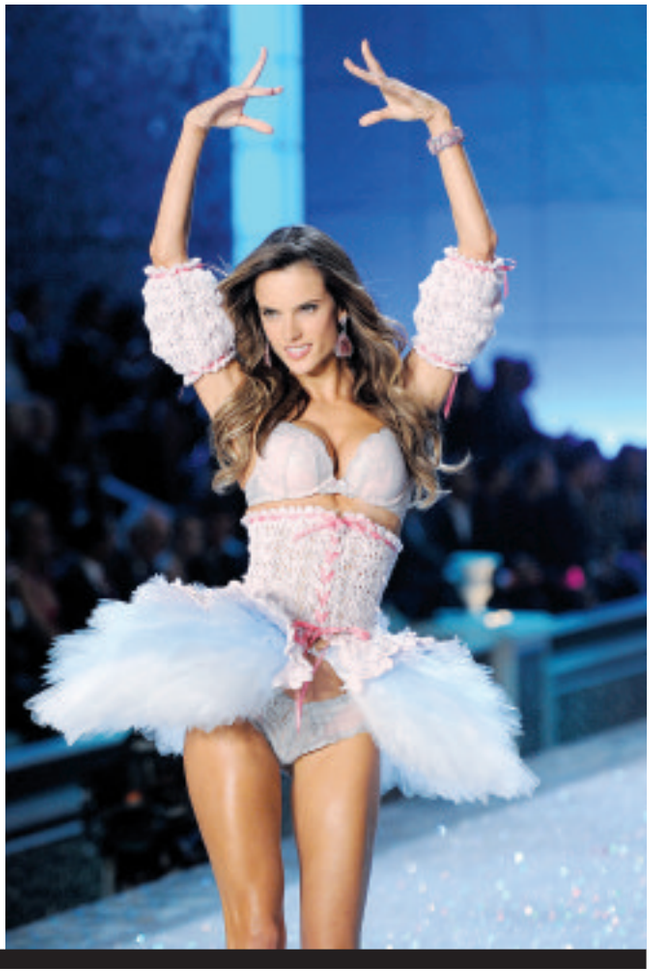
Cold virus holds promise as cancer therapy

Researchers have shown that a cold virus known to destroy cancer cells can be delivered to a tumour through the bloodstream without falling prey to killer antibodies on the way. In a study published Wednesday in the journal Science Translational Medicine, the researchers found the "reovirus" hitches a ride on blood cells and uses them as a shield against the immune-system cells. The reovirus holds promise as a possible new way of treating cancer because it not only kill cancer cells directly, but also triggers an immune response – similar to what a vaccine does – that helps eliminate residual cancer cells. But because the virus, which causes upper respiratory and gastrointestinal illness, is common in the environment, most people have been exposed to it in childhood and therefore have developed antibodies, said Alan Melcher, a professor of clinical oncology and biotherapy at the University of Leeds who co-led the study.

THE CANADIAN PRESS

On the Web

Deaths and costs to society are lower in areas with toughest motorcycle helmet laws



From baby bump to beach body, the transition isn't as hard as it used to be. METRO WORLD NEWS

How a Victoria's Secret angel got her body back

Sexy in summer. We speak to Leandro Carvalho, personal trainer to Victoria's Secret "angel" Alessandra Ambrosio

ROMINA MCGUINNESS
Metro World News

Quoted

"Working out two hours a day, six days a week. On her 'off' day, she does gentle yoga."

Leandro Carvalho
Personal trainer to Victoria Secret Angel, Alessandra Ambrosio

By the numbers

30

Personal trainer Leandro Carvalho recommends doing 30 minutes of intense cardio exercise three to four times a week if your aim is to change your body shape and lose weight.

Having a baby is a life changing moment — sometimes not always for the best.

The lack of sleep, dirty diapers and the fact you've turned into a milk-making machine can be overwhelming. And however much some women would love to get their pre-baby body back, most have no idea how, or when it's OK to start exercising again. Leandro Carvalho tells us how to achieve post-baby body perfection.

Post-delivery recovery

"Women who give birth naturally need to wait around four weeks before they can start exercising again. The recovery period goes up to six weeks if they've had a caesarian," Carvalho tells Metro.

A serious operation, a caesarian limits the type and amount of working out that can be done months after giving birth. In other words, it'll be a while before you can run, jump, cycle or do squats, lunges and sit-ups again.

But not all new moms can hope that newborn-related stress and breast-feeding alone will help them lose the baby weight.

For that reason, Carvalho found a way to increase heart rate and trigger weight loss-with zero impact.

Here's how it goes:

Walk in incline

Start with the easiest exercise known to man: walking.

Carvalho advises you start off slow, maintaining a speed anywhere between two to 3.5 km/h on a five per cent incline (if on a treadmill). Never go faster than 4.0 km/h as this is basically running and no high impact exercise is allowed until at least two months after giving birth.

If your ultimate goal is to lose fat, you'll need to keep going for at least 30 minutes:.

"Ten minutes on the treadmill is a good warm up, 20 minutes is good for your health but if you want to burn fat, you need to go beyond the 25 minute mark. Up until that point, your energy comes from the glycogen stored in the muscles, but after 25 minutes, your body gets its energy by burning fat," he adds.

Once you've walked in incline for a minimum of 25 minutes you can move on to the floor exercises.

The safest strategy: add some weight

Your workout intensity is limited and you'll need to be patient if you want results. You can't jump or run around, so challenge your body by wearing ankle weights and weighted gloves during your workouts.

"Adding light two to eight pound ankle weights when doing leg lifts (such as a kneeling leg lift) or weighted gloves when doing arm movements will increase the intensity of a move," explains Carvalho.

Slowly building up your resistance and the number reps will tone and sculpt your body. Start with 20 to 30 reps for each move, eventually working your way up to 100.

Best Health

Cooking away the good parts

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Is food less healthy when heated?
In each issue of Best Health magazine, we analyze whether some common assumptions are based on fact or fiction. In our Summer issue, we look at whether cooking causes foods to lose their nutritional value. Many people think it does. But here's what we found out.

Some foods do lose their nutritional content when cooked, but to varying degrees. Generally, foods retain the most nutrients when they are steamed, stir-fried or microwaved.

Water-soluble vitamins like C and the B family leach into water and are damaged by exposure to heat, light and air. So to get the most benefit, you may want to minimally cook foods that are high in those vitamins — for example, sweet peppers and asparagus.

With meat, the fat and calorie content depends on how it's prepared. Grilling and broiling will allow fat to drain away from the meat, and result in a leaner dish than one left to simmer in a sauce.

For more nutritional news and information on healthy living, check out Best Health, on newsstands now.

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Fall down the nature rabbit hole

Decrease stress. New research shows that getting out into the wild can help to bring some calmness back to your hectic life

CELIA MILNE
life@metronews.ca

Are you lethargic? Tired? Can't concentrate? Maybe you have green deficit disorder.

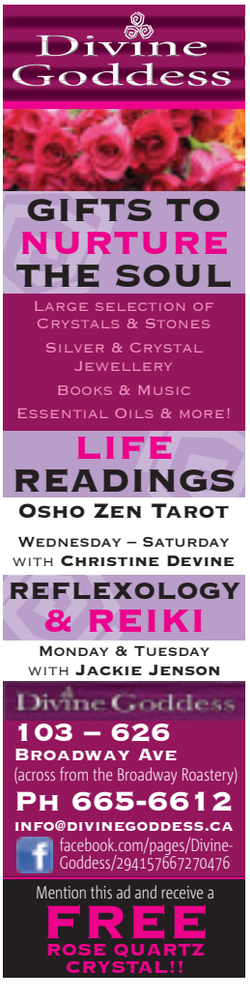
That's right. The family needs a hit of nature. Take a hike! was the theme of a recent evening at the Art Gallery of Ontario, hosted by David Suzuki and Richard Louv. Suzuki is a well-known writer, broadcaster and environmental activist in Canada, while Louv is a journalist in the U.S. who wrote, Last Child in the Woods and The Nature Principle.

"The more high-tech our lives become, the more nature we need," Louv is fond of saying.

More and more research is accumulating on the health benefits of frolicking among trees. A new study conducted at the University of Kansas found that a group of adult backpackers were 50 per cent more creative after spending four days on the trail, implying that nature sharpens the mind.

Researchers at the University of Illinois recently found that children with attention deficit hyperactivity disorder who regularly play in green settings have milder symptoms than children who play in built settings. And scientists at Cornell University found that children who have more contact with nature — even if it's just the view of something green from their bedrooms — experience less stress than those with less exposure.

Suzuki advises us to help protect every bit of wild nature that's left on the earth.



Move over rice, quinoa-stuffed peppers take over

This recipe serves four. THE CANADIAN PRESS H/O

Quinoa is an amino-acid-rich protein seed that has a fluffy, slightly crunchy texture and a mild nutty flavour when cooked.

Mixed with ground turkey, spinach, mushrooms and goat cheese, this super nutritious stuffing is baked in red peppers for a protein-rich meal.

1. In a saucepan, bring the chicken or turkey broth to a boil over medium-high heat. Stir in quinoa and simmer, covered, for 10 minutes. Remove from heat and leave covered for 15 minutes.

2. Meanwhile, in a large non-stick skillet, heat oil over medium-high; brown turkey, breaking into small pieces with the back of a spoon. Transfer to a plate and set aside.

3. Cook onion until tender and golden, about 7 minutes. Stir in garlic, salt and red pepper flakes and cook for 1 minute. Stir in mushrooms and cook until golden and no liquid remains.

4. Remove from heat and stir in spinach and quinoa. Sprinkle with goat cheese. (Make ahead: This mixture can be made up to 2 days in advance.)

5. Spoon mixture into hollowed peppers and bake in a 190 C (375 F) oven until peppers are tender crisp and filling is hot, about 20 minutes.

THE CANADIAN PRESS/ ONTARIO TURKEY (MAKEITSUPER.CA)

Ingredients

- 250 ml (1 cup) turkey or chicken broth
- 125 ml (1/2 cup) quinoa
- 10 ml (2 tsp) vegetable oil
- 500 g (1 lb) ground turkey
- 1 onion, minced
- 2 cloves garlic, minced
- 2 ml (1/2 tsp) salt and red pepper flakes
- 500 ml (2 cups) chopped cremini mushrooms
- 1 l (4 cups) chopped spinach
- 50 ml (1/4 cup) crumbled goat cheese
- 4 large red bell peppers, tops cut off and ribs removed

Salmon Dill Appetizer. Serve this fresh and light starter over lettuce leaves

1. In bowl, combine veggie dip with remaining ingredients and gently fold together.

2. To serve as an appetizer, arrange few lettuce leaves on plate and place mix in centre. Garnish with radishes, if desired. For first course, arrange salad greens on two plates and divide salmon mixture between them. Serve with pita chips, crackers or cucumbers.

THE CANADIAN PRESS/MARZETTI OTRIA VEGGIE DIP

Ingredients

- 175 ml (3/4 cup) feta Greek yogurt veggie dip
- 250 g (8 oz) cooked salmon, skin removed and flaked
- 125 ml (1/2 cup) chopped large portobello mushrooms, gills removed
- 125 ml (1/2 cup) chopped fennel
- 2 chopped scallions
- 15 ml (1 tbsp) chopped fresh mint
- 15 ml (1 tbsp) capers (optional)
- Salt and pepper, to taste
- Lettuce leaves
- Radishes, sliced thin
- Toasted pita chips, crackers or thick slices of cucumber

Exotic chicken sandwich

1. Remove outer three layers of lemon grass stalk and cut tender middle section into 1-inch pieces. Bruise lemon grass. In bowl, combine lemon grass, garlic, green onion, black pepper, sambal sauce, sugar, salt, oil and fish sauce. Coat chicken and marinate 30 mins.

2. Sweet chili cilantro mayo: combine the mayonnaise, honey, sambal sauce, cilantro and salt in mixing bowl.

3. Coleslaw dressing: In separate small bowl, combine sugar, vegetable oil, lime juice and salt. Pour on shredded cabbage and carrots, and toss to coat.

4. Remove chicken from marinade. In pan, heat oil for 1 minute and fry chicken 15 mins. on med., turning halfway through. Remove from heat.

5. Spread cilantro mayo on toasted buns. Slice chicken and place on bun. Finish with coleslaw. NEWS CANADA/ DITALIANO.CA

Ingredients

- 2 stalks lemon grass
- 3 cloves garlic, minced
- 2 stalks green onion, minced
- 1/4 tsp (1 ml) black pepper
- 1 tsp (5 ml) sambal sauce
- 2 tbsp (30 ml) sugar
- 1 tsp (5 ml) salt
- 1 tbsp (15 ml) oil
- 2 tbsp (30 ml) fish sauce
- 4 small half chicken breasts, lightly pounded with flat meat mallet

Sweet Chili Cilantro Mayo:

- 1 cup (250 ml) mayonnaise
- 2 tbsp (30 ml) honey
- 2 tsp (10 ml) sambal sauce
- 3 tbsp (45 ml) cilantro, chopped
- Salt to taste

Asian Coleslaw:

- 3 tbsp (45 ml) sugar
- 2 tbsp (30 ml) vegetable oil
- 3 tbsp (45 ml) lime juice
- 1 tsp (5 ml) salt
- 1/2 lb (250 g) shredded cabbage
- 1/2 lb (250 g) shredded carrots
- 4 D'Italiano sausage buns, toasted

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Advice

Time to change your approach

Hey Sisters,
I was in a five-year relationship with a girl I met in university. We lived together and when the time came to pop the question I realized she wasn't the one for me. I've been single for a few months and have been going out with my friends to meet someone new. It's been fun, and I do talk to a lot of people, but no one has really captivated me. I'm starting to get fed up with looking, and I'm not sure what I'm missing. Any advice that doesn't involve eHarmony?
Hungry for More

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Andrea: Dear H4M,

Being single after a long relationship with that not-quite-right-someone is like being released into the woods to fend for yourself. There's a wonderful feeling of independence and everything is bright and exciting ... until you get hungry. You now have two options: a) die b) persevere. Chances are you're choosing the latter, so make better traps or forge better weapons. In other words, modify who you are and how you approach.

Maybe you haven't been ready to meet someone worthwhile and subconsciously aren't aligning yourself with this goal. Maybe to meet someone different, you have to be different. Imagine who you want to meet and the kind of person you see her with. Try to be that person, and let the universe do its thing, eHarmony not required.

Claire: Dear H4M,

Newly single people who come out of long-term relationships think that the outside world is a big vending machine of available singles that will pop out the right one for them ... if they can just figure out which buttons to press. Nope. That's e-Harmony. The older we get, the busier we get, the more baggage we amass, the more set in our ways we are.

It's harder to meet people. It may take time, and you will definitely get fed up. I have no better advice than to tell you to keep going, keep trying, and try to actually enjoy the freedom, the loneliness, and even the self-doubt. These are the ingredients to a more well-rounded man who is happy with himself. And there is nothing a woman likes more. Onwards.

Family arguments can be tricky business

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

In a recent telephone conversation with an extended family member, there was a long drawn out discussion regarding a particular family event and what transpired during that event. We exchanged opinions, some of which caused disagreement on the perception of the event. In any case, voices were raised and then all of a sudden the line went dead. The other party hung up on me. I am now being asked to apologize for the things that I said and for my opinions, which apparently have caused "offence" to this person. I am not feeling the need to do so. How do I address this tactfully/diplomatically and or refuse to apologize?
Yours truly,
Ms. Diplomatic

Dear Ms. Diplomatic,

What a dilemma! I guess my first question for you is how strongly do you feel about this issue and subject? If it really doesn't mean very much to you, then I would personally just apologize and let the entire situation close.

However, if you do feel very strongly, a few points: Firstly, it was very rude of the other person to hang up on you — that is something that should never be done. If you must hang the phone up in anger, then say so and put the phone down.

Here are your options for consideration:

1. Try calling and apologizing for the situation getting to where it is and try to finish the conversation, calmly explaining your point of view, but respecting theirs. It is OK for two people to agree to disagree.

2. Try sending an email or letter, again following the path above. However, I believe email leads to such a misinterpretation, so it's always easier to speak face to face.

3. Finally, as a last resort, go to a family member who is well respected by this other person and try to get them to help negotiate some peace between the two of you. Don't ask them to agree or plead your case, but just to try and get the two of you talking and to explain that it is OK for you both to have different opinions, but that fighting is really not the answer. Please do let us know how things turn out, best of luck!

Boomerang kids back in the nest?

Young and broke. They have huge debts and can't find jobs — what to do when your children move back in

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisonmoney

An amusing comic strip recently showed a teenager asking his parents to lend (meaning give) him $20 so he could go out for a movie and pizza with his friends. His mother pointed out that he had a part-time job and savings in the bank. "But that's my money!" her son protested.

Alison's money rule

"Helping out financially shouldn't mean a free ride for adult kids living at home."

Thirty-four years old and living with the 'rents: Matthew McConaughey, centre, starred in Failure to Launch along with Kathy Bates, left, and Terry Bradshaw. CONTRIBUTED

This seemingly innocent me-ness of the teenage years is spilling over into adulthood. One third of parents with a youngest child between 20 and 34 have at least one offspring living at home according to a 2011 Statistics Canada report. And one quarter of those enjoying Hotel Mom and Dad have left the nest only to return — the so-called boomerang kids.

It isn't surprising. After all, the Vanier Institute of the Family pegs the average debt for those with an undergraduate degree at around $18,000, but the Canadian Federation of Students believes it's more like $27,000.

Factor in the unemployment rate for the under-35 crowd, between 15 and 21 per cent, and there are a large number of young adults who have no financial choice but to live at home. In many cases, parents who are initially willing to help end up feeling put upon and resentful. Avoid this toxic situation by ensuring adult children at home contribute.

Above all, charge rent. I recommend a sliding scale based on income. First set a base rate no matter what your child is earning — $50 monthly is better than nothing. Even if that means an engineering grad must take shifts at the mall or a fast food outlet, such financial obligations are the stuff of adulthood. (If your child is saving to go to school the rent can always be rebated later.)

Then peg future rent to a percentage of their earnings. A reasonable rule of thumb could be 20 to 25 per cent of gross income. Since most recent grads will have lots of tuition and education credits to carry forward, they are unlikely to pay much tax. Also, be sure to spell out household duties such as cleaning, gardening, cooking and grocery shopping.

By all means help your kids get on their feet but treat them as adults at the same time.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM

How times change

- **Young adults.** In 1985, 21 to 34-year-olds purchased 38% of all new cars; today it is only 27%.

Food for thought

Organic food for thought

FUN AND FRUGAL
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Twitter: @Lesleyscorgie

Last week I was racing from a meeting with my lawyer to one with my banker, regarding my new home purchase. Between appointments, I decided to squeeze in a 'power shop' for groceries; in-and-out in less than eight minutes. I filled my basket with a few days' worth of fresh organic foods and bolted to the checkout. The cashier rang in my $50 stash and that's when I discovered, in my haste, I'd left my wallet at my last appointment.

Full of apologies, I started to leave the checkout counter. But, I was stopped by a nice guy from the lineup who insisted on paying for my groceries. I thanked him 10 times over, offered to pay him back (he refused), and his parting comments to me were "why do you buy organic? It's so expensive. I can get twice the amount of groceries for the same price."

We all know the stats on organic foods; locally grown, fresh, greater nutrients because no artificial chemicals or additives are used in the growing and/or refining processes. But, in many places, organic foods take up a significant chunk of a household's budget. Thus, many people opt for less healthy, inexpensive foods.

Coupon Cabin released a study last week about organic food purchasing behaviour. Nearly 75 per cent of respondents said they would buy organic if the price was more affordable. But, currently, less than half seek healthier food options because organics cost too much.

There are affordable ways to buy organic and eat healthy.

Plan ahead. Hasty purchases often result in bad deals. Plan out your organic purchases to ensure you don't buy items you don't need and avoid paying too much for the ones you do.

Buy less more often. Fresh organic produce provides its greatest flavour and nutritional benefits when consumed quickly. Buying fewer in-season produce items more often saves money as less food going rotten. If you're concerned about your carbon footprint each time you drive to the grocery store, stop driving and walk, run, bike, or take public transit.

Coupon. Clip organic food coupons or search for them online. Coupons exist for almost any item. The key with couponing is to avoid going overboard — buying more than you need for the sake of a deal.

Buy local. Not only will this help support local growers and businesses, in many circumstances, produce can be significantly less than at a traditional big-box grocer.

Tennis

On-court outburst costs Nalbandian

David Nalbandian was fined the maximum $12,560 US and placed under police investigation for assault after kicking an advertising board and injuring a line judge during the Queen's Club final.

The ATP confirmed the fine for unsportsmanlike conduct on Monday and said the Argentine player also was stripped of his 36,500 pounds ($57,350) in prize money.

London police said they were investigating a complaint of assault filed against Nalbandian, who was defaulted from Sunday's match against Marin Cilic in the grass-court Wimbledon warm-up event.

THE ASSOCIATED PRESS

David Nalbandian in London on Sunday. THE ASSOCIATED PRESS

Rankings

Mayweather still 'Money' while in the slammer

The world's highest-paid athlete is in jail.

Forbes has released its list of the 100 highest-paid athletes, and boxer Floyd (Money) Mayweather Jr. is No. 1. Mayweather, who made $85 million US for two fights last year, is currently serving a three-month jail sentence in Las Vegas for domestic battery.

THE ASSOCIATED PRESS

Roger Clemens talks to members of the news media after his acquittal on Monday in Washington, D.C. CHIP SOMODEVILLA/GETTY IMAGES

Clemens acquitted after 'a hard five years'

MLB. Jury finds seven-time Cy Young winner didn't lie to U.S. Congress in 2008

Roger Clemens was acquitted Monday on all charges that he obstructed and lied to Congress in denying he used performance-enhancing drugs to build his career as one of the greatest pitchers in baseball history.

"I'm very thankful," Clemens said, choking up as he spoke after the verdict.

"It's been a hard five years," said the pitcher, who was retried after an earlier prosecution ended in a mistrial.

This trial was lengthy, but the deliberations were relatively brief. Jurors returned their verdict after close to 10 hours over several days. The outcome ended a 10-week trial that capped the U.S. government's investigation of the pitcher.

Emotional hugs among Clemens and family members followed the verdict, including one large group hug in the courtroom. At one point, wife Debbie Clemens dabbed his eyes with a tissue.

Outside, at one point, Clemens stopped to compose himself.

Accused of cheating to achieve and extend his success — and then facing felony charges that he lied about it — he declared, "I put a lot of hard work into that career."

He said he appreciated "my teammates who came in and the emails and phone calls" of support. With his four sons standing behind him, Clemens thanked his lawyers, his family, his sisters and his wife.

His chief lawyer, Rusty Hardin, walked up to a bank of microphones and exclaimed: "Wow!"

Hardin said Clemens had to hustle to get to court in time to hear the verdict. "All of us had told Roger there wouldn't be a verdict for two, three or four days, so he was actually working out with his sons almost at the Washington Monument when he got the call that there was a verdict."

Clemens, 49, was charged with two counts of perjury, three counts of making false statements and one count of obstructing Congress when he testified at a deposition and at a nationally televised hearing in February 2008. The charges centred on his repeated denials that he used steroids and human growth hormone during a 24-year career that produced 354 wins.

THE ASSOCIATED PRESS

Quoted

"The jury has spoken in this matter, and we thank them for their service. We respect the judicial process and the jury's verdict."

A written statement from the U.S. Attorney's Office after Clemens' acquittal.

Cassano leads Italy to quarter-finals

Antonio Cassano of Italy celebrates scoring the opening goal against Ireland on Monday in Poznan, Poland. CLIVE MASON/GETTY IMAGES

Blowing kisses to the crowd with a joyous grin on his face, it was a different Antonio Cassano who walked off the pitch this time.

Cassano, who wept uncontrollably after Italy was eliminated from the 2004 European Championship, scored the decisive goal Monday as Italy beat Ireland 2-0 to reach the Euro 2012 quarter-finals.

"We Italians are used to suffering, but we always give our best," said Cassano, who nearly lost his life with stroke-like symptoms seven months ago and then required minor heart surgery.

"The victory was something we struggled for but the most important thing was to get through the group."

With Italy needing a win to stand a chance of advancing, Cassano scored the first goal. He headed in with his back to the goal by the near post following a corner kick in the 35th minute on a warm and muggy night in Poznan, Poland.

Substitute Mario Balotelli doubled the lead in the 90th, a minute after Ireland was reduced to 10 men when Keith Andrews picked up his second yellow card.

THE ASSOCIATED PRESS

Spain-Croatia

Unconvincing as it was, it was still enough for Spain.

- The defending Euro champions advanced to the quarter-finals on Monday, getting an 88th-minute goal from substitute Jesus Navas in a 1-0 win over Croatia.
- Spain dominated possession as expected but failed to create many clear opportunities at the Arena Gdansk in Poland.

4 SPORTS

NFL

"It wasn't because I didn't want to play anymore. It was simply time to move on."

Running back LaDainian Tomlinson, who signed a one-day contract with the San Diego Chargers on Monday and then announced his retirement. Tomlinson rushed for 13,684 yards, fifth all-time, and scored 162 touchdowns, third-most ever. His 145 rushing touchdowns are second-most in history. He ended his brilliant 11-year NFL career the same way he started it — with the Chargers.

"I was a part of greatness. And it was awesome to be a part of it. It was awesome to watch. I mean, I had the best seat in the house. It was a fun time."

Retired offensive lineman, and former teammate of LaDainian Tomlinson, Kris Dielman.

On the web

The New Orleans Hornets appear serious about pairing another big man with consensus top draft choice Anthony Davis. New Orleans hosted six-foot-11 Baylor forward Perry Jones III and six-foot-nine Ohio State forward Jared Sullinger for pre-draft workouts on Monday. Scan the code for the story.

Heat finding ways to avoid 'letdowns' of last year

NBA. Miami focused on avoiding repeat of 2011 finals loss to Dallas Mavericks

Dwyane Wade, LeBron James and Chris Bosh celebrate during the second half of their win over the Thunder on Sunday in Miami. MIKE EHRMANN/GETTY IMAGES FILE

LeBron James, Dwyane Wade and Chris Bosh walked off the floor together after Game 3 of the NBA finals, and were immediately wrapped up in conversation as they strolled to the Miami Heat locker-room.

Their talk had nothing to do with a 91-85 win in Game 3.

Turns out, the Heat "Big Three" were already working on plans for Game 4 against the Oklahoma City Thunder by going over what had just happened while it was fresh in their minds. Television cameras captured them side-by-side on that walk, a far cry from the images of anguish after losing the finals last season.

The series resumes in Miami on Tuesday night, with the Heat holding a 2-1 lead in the best-of-seven.

"We all got caught up in the lights and the negativity last year," Bosh said. "We let that take away our energy away from focusing on what we needed to focus on. This year we're just being ourselves. We're coming and competing. We're playing the best basketball and we're just having confidence in our game. We're good enough. We're good enough to win it. We were good enough last year. We just had too many letdowns."

So they're trying to avoid those this time around, which is why they're going over things as diligently as ever.

"They made an adjustment how they (were) playing us throughout the game, and immediately we talked about what we have to do to kind of (make) that adjustment," Wade said.

THE ASSOCIATED PRESS

Quoted

"You know, things turn a great deal in these series with one game, and we have the opportunity to turn it (Tuesday)."

Oklahoma City forward Kevin Durant

Getting Stern on floppers

David Stern is determined to stop the floppers, even if it takes until the next morning.

- The NBA commissioner and the league's competition committee met Monday to discuss players deceiving referees into calling fouls by falling down, or flopping.
- Stern says one option could be a "postgame analysis" in which players could be penalized.

Jays bruised by Brewers

Toronto's Rajai Davis reacts after a sixth-inning strikeout in Milwaukee on Monday. Aramis Ramirez's liner down the left-field line was ruled a home run after umpires reversed a foul-ball call in the seventh inning that snapped a tie and lifted the Brewers to a 7-6 win over the Blue Jays.

JEFFREY PHELPS/THE ASSOCIATED PRESS

MLB

Drabek shelved for 2012 with torn UCL

Toronto starter Kyle Drabek will undergo Tommy John surgery Tuesday and miss the remainder of the season.

Drabek felt a "popping sensation" in his elbow last week against the Washington Nationals. Preliminary tests showed Drabek suffered a torn ulnar collateral ligament and a second opinion from Dr. James Andrews confirmed the diagnosis.

The 24-year-old underwent the same procedure four years ago while a member of the Philadelphia Phillies' farm system.

THE ASSOCIATED PRESS

OFFICE MANAGER

Reporting to the Sales/General Manager, Metro Saskatoon, the right candidate will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Saskatoon operation. As well as provide operational and executive support to the Sales/General Manager, Metro Saskatoon and any additional administrative support as directed.

PRIMARY RESPONSIBILITIES:

- Responsible for all administrative projects as assigned
- Responsible for the general daily office operations
- Assist in maintenance and control of the office budget
- Oversee the monthly purchases of office supplies and send required accruals to Metro English Canada
- Recommend and manage office furniture purchases, office supply purchases and all maintenance issues/requests
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Responsible for prompt office maintenance and repair work
- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Greet visitors and guests

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 30, 2012. PLEASE QUOTE: "Office Manager - Saskatoon" in the subject line. All submissions will be treated as confidential.

metro

SALES REPRESENTATIVE

Metro Saskatoon is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:

- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:

- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

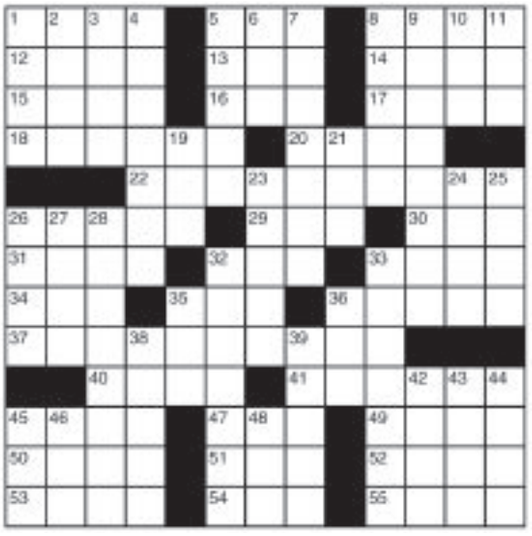
Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 22, 2012. PLEASE QUOTE: "Sales Representative - Saskatoon" in the subject line. All submissions will be treated as confidential.

metro

Crossword

Across
1 Drunkards
5 Intention
8 Prayer closer
12 Milne character
13 Detergent brand
14 Encrust
15 Pound of poetry
16 Pouch
17 Secondhand
18 Oddball
20 Picnic invaders
22 Runts
26 Trite
29 Bit of wordplay
30 Ruby or emerald
31 — and the Tramp
32 Chart format
33 List of options
34 Goose, in Guadalajara
35 Corpulent
36 Surroundings
37 Classroom surprises
40 Swivel
41 Of a people
45 Met melody
47 Bath site
49 My Name Is —
50 Van. counterpart
51 Drop the ball
52 Largest of the seven
53 Gridlock sound
54 CSI evidence
55 Grate

Down
1 Gush forth
2 Creep through the cracks
3 Actress Spelling
4 With keenness
5 Man of morals?
6 Playwright Levin
7 Rhesus monkey
8 Less than 90 degrees
9 Rubbed the right way?
10 — out a living
11 Homer Simpson's neighbour
19 Conk out
21 Sister
23 Stocky, heavy-coated dog
24 Griffey Sr. and Jr.
25 Dirty matter
26 Feed the hogs
27 Mexican entree
28 Certain adjustment
32 Made like Manet
33 Get the sound wrong
35 Bear hair
36 Ran into
38 Charlatan
39 Marty in Madagascar is one
42 Houston acronym
43 Rainbow
44 Applaud
45 Interlaken interjection
46 Pi follower
48 Ode subject



Sudoku

	2	8					6	
6					8		7	
1			9		7	3		
	6			9		8		7
3		5		4			1	
		6	2		5			8
	8		1					4
	3					2	5	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	7	4	1	8	9	5	6	2
8	1	2	6	4	5	9	3	7
9	6	5	2	3	7	1	8	4
1	4	8	9	5	6	2	7	3
2	5	6	3	7	1	4	9	8
7	9	3	4	2	8	6	1	5
6	2	7	8	9	4	3	5	1
4	8	9	5	1	3	7	2	6
5	3	1	7	6	2	8	4	9

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

XH WFJ'IB NJGZ NFIB QYBBCW AZRS RTT FAZBI GFNYBAXAFIQ. FSB GFJTC QRW WFJ'IB HRQATW QJYBIXFI.

Yesterday's Cryptoquip: THE CROPLAND IS CHOCK-FULL OF SNAKES. I SUPPOSE YOU MIGHT SAY IT'S FARMED AND DANGEROUS.

Today's Cryptoquip Clue: I equals R

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You are not the sort to compromise your beliefs and opinions and that's good because you will be challenged in some way today.

Taurus | April 21 - May 21. Focus on relationships today and don't worry that you might miss out on a money-making opportunity.

Gemini | May 22 - June 20. If there is something about your everyday existence that you would like to change then now is the time to do something about it.

Cancer | June 21 - July 22. You seem to be more curious than usual about your place in the universe. Don't be scared of asking difficult questions: the answers you get will be hugely enlightening, and maybe more than a little bit profitable too.

Leo | July 23 - Aug. 22. Don't back out of a promise today. If you let even one person down your reputation will suffer.

Virgo | Aug. 23 - Sept. 22. No matter how many times you have clashed with someone in the past they will be on your side today.

Libra | Sept. 23 - Oct. 22. You will become aware today that someone has been keeping things from you, but don't get upset or annoyed about it.

Scorpio | Oct. 23 - Nov. 21. Something that never made much sense before will start to make sense today. A lot of questions that did not seem to have answers will somehow resolve themselves and you'll marvel at just how simple it all is.

Sagittarius | Nov. 22 - Dec. 21. There is an art to saying unpleasant things while making them sound reasonable, even helpful, and if you master that art today you will get a lot of things done

Capricorn | Dec. 22 - Jan 20. Be kind to yourself for a change: do something fun and relaxing.

Aquarius | Jan. 21 - Feb 18. You are right and those who disagree with you are wrong. That's the attitude you will adopt today and in getting things done it will take you far.

Pisces | Feb. 19 - March 20. You won't see eye-to-eye with someone you work or do business with today but you don't have to go to war about it.

SALLY BROMPTON

Caption Contest

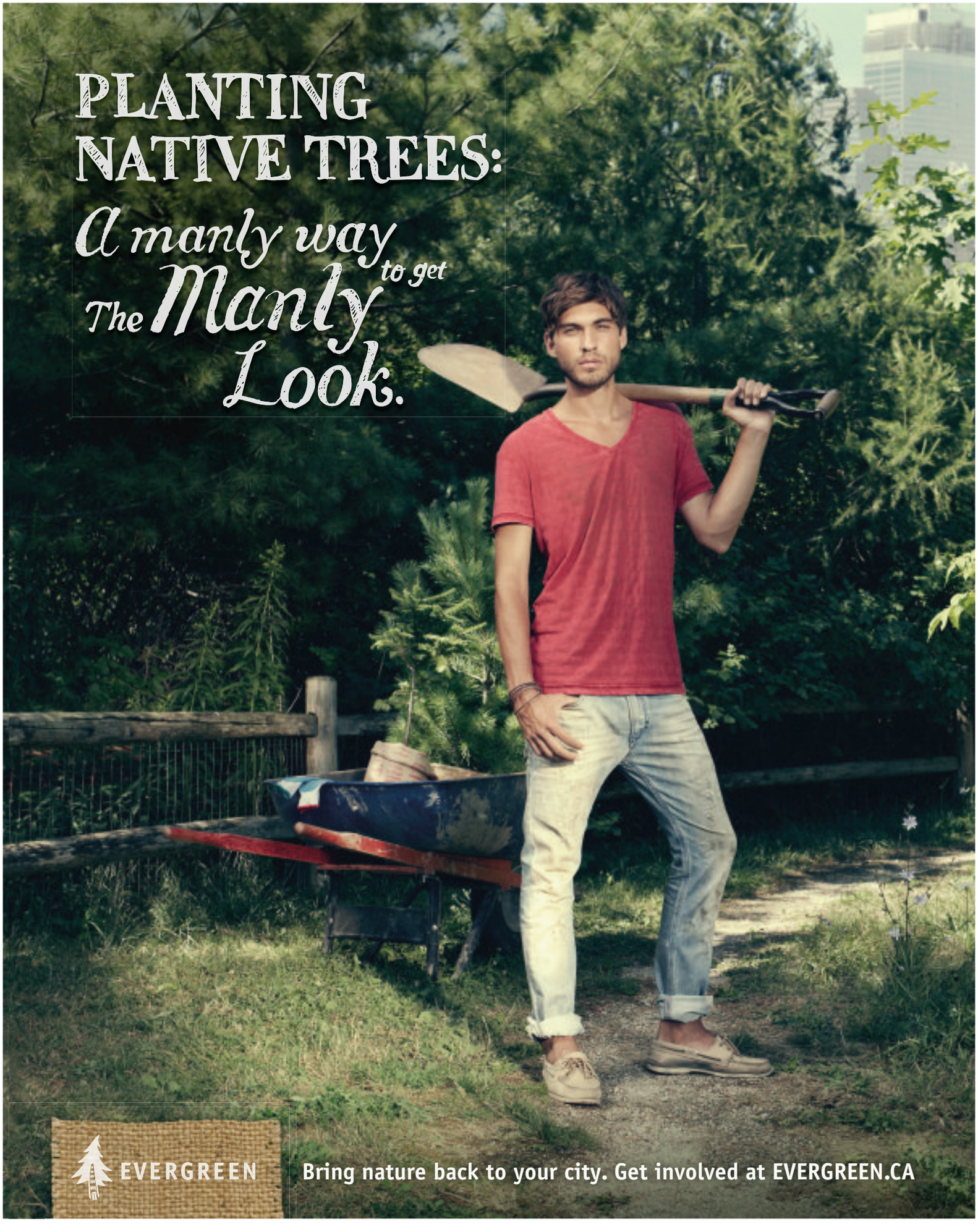
"I think I can, I think I can."
bilyana

LAURENT GILLIERON/KEYSTONE/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.


PLANTING
NATIVE TREES:
A manly way to get
The Manly Look.
EVERGREEN
Bring nature back to your city. Get involved at EVERGREEN.CA